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VICTORY JOLIE PREVAILS IN LEGAL BATTLE METRO DISH {page 7}



OTTAWA

metro®

Tuesday, July 27, 2010
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Friend: Accused a 'good man'

► Friend who met Tamrat Gebere downtown two days before death of wife Aster Kassa said man looked 'depressed' ► Victim stabbed in Riverside Drive highrise July 17 ► Gebere referred to as a 'hardworking man' who earned degrees at uOttawa



► James Maluk was one of about half a dozen friends who attended Tamrat Gebere's court appearance yesterday.

An Ottawa man charged in the second-degree murder of his wife is "a good man," said a longtime friend who attended Tamrat Gebere's video remand at the downtown courthouse yesterday.

James Maluk, who spent time with

Gebere in Kenya and later, at the University of Ottawa, said the 35-year-old loved the couple's daughter. Although the relationship between Gebere and Aster Kassa had its problems, Gebere told Maluk he was "trying to work it out," he said.

"I met him downtown and I asked, 'Tamrat, are you OK?' and he told me, 'don't worry,'" Maluk said. "Two days after that I saw it on the news. I was shocked."

Gebere's next appearance is Aug. 3.

● TRACEY TONG

Afghanistan

Canada named in Wikileaks

► U.S. allegedly asked Canada to diplomatically pressure Saudi Arabia and South Africa, according to leaked documents {page 4}

His Left Foot

Big Boi releases solo project after a long delay {page 6}



Letting it all sweat out

Yoga gets hot, but be sure to take it cool {page 8}

Can Tony Romo be an elite QB?

Cowboys expecting big things as camp gets into swing {page 14}

RIVERSIDE JAM

FRIDAY - July 30th Silver Creek, Ambush, **Derek Rutan**

SATURDAY - July 31st Riverside Allstar Band, Triple K Klickers, Neville Wells, Johnny Spinks, Brëa Lawrenson (with Keith Glass of Prairie Oyster), Bowes Brothers, Carroll Baker, **Michelle Wright**

SUNDAY - August 1st Brett Baker, Rob Dillion, Gary Fairburn, Darleen Thibault, Printers Alley, Stonewall Jackson, Corkery Road, **George Canyon**

On the Mississippi in Riverside Park, Carleton Place, Ontario

For ticket info: www.riversidejam.ca
Jam Hotline: 613-282-9282

Dialysis patients can be fit: Group



TRACEY TONG
@METRONEWS.CA

When she was 18, doctors told Marie-Eve Chainey that her kidneys had failed.

"That was the last day I lived without dialysis," remembered the uOttawa student. The diagnosis was a shock for the competitive high jumper.

"Dialysis is very exhausting for the body," she said. "I lost a lot of my strength

and I was very weak. Dialysis is hard."

She got a fitness grant through the Shad Ireland Foundation, which helps people with kidney disease get active again.

Eight years later, Chainey is now the Canadian co-director of the Shad Ireland Foundation, which launched its first-ever event in Canada yesterday. The Simply Fit Family Friendly 1K and Competitive 5 and 10K, to be held at the Cana-

da Aviation and Space Museum on Aug. 15, is a fundraiser and a way to raise awareness for kidney disease, said Chainey.

Himself a dialysis patient for 28 years, Shad Ireland attended the conference by video. "I found that exercise and nutrition is a great model for stabilizing and rehabilitating people with this disease," said Ireland, who is the world's first dialysis patient to complete an Ironman competition.



► Marie-Eve Chainey, with Shad Ireland on video conference in the background, ran her first-ever 5K race last fall. "Exercise has given my life a second chance," she said.

Pros/cons presented in Semrau hearing

► Judge will consider evidence before delivering sentence ► Semrau could get up to 5 years and dismissal

An army private says Capt. Robert Semrau saved his life when their outpost came under heavy mortar fire in Afghanistan — but top brass say the disgraced soldier should be booted from the military.

A military sentencing hearing heard yesterday from members of the rank-and-file who served with Semrau, as well as the top commander who was on the ground when the captain shot an unarmed and wounded insurgent after a bloody battle.

Pte. Joseph Villeneuve recounted how Semrau saved his life two years ago as insurgent shells rained down on their forward-operating base. Villeneuve had high praise for the captain's actions in the mortar incident. He told the court how Semrau kept a cool head as

Trial testimony

Four-month court martial

► **Battlefield shooting**
Court heard that after shooting the man, Semrau told fellow officers he had done it to put him out of his misery. Brig-Gen. Denis Thompson said it was never Semrau's call to make.

he tended to several wounded Afghan soldiers.

But those heroics don't justify shooting a weaponless enemy fighter who had been nearly cut in half by helicopter fire, the former top Canadian commander in Kandahar testified.

Brig-Gen. Denis Thompson argued the court has no choice but to kick Semrau out of the Canadian Forces.

THE CANADIAN PRESS



► Capt. Robert Semrau arrives to court with his wife Amelie Lapierre-Semrau for the start of sentencing arguments in his court martial in Gatineau yesterday. An unprecedented court martial found Semrau not guilty of murder in a battlefield shooting in Afghanistan. Semrau was convicted on the lesser military charge of disgraceful conduct.

Carbon monoxide strikes workers

Two employees at a Winners store in Barrhaven were taken to hospital with carbon monoxide poisoning at around noon yesterday.

Paramedics were called to the store in the Chapman Mills Marketplace near Strandherd Drive and Greenbank Road at around 11:40 a.m. to treat people suffering from headaches, dizziness and nausea.

In total, nine employees were showing symp-

45 CO level in parts per million that the Ottawa Fire Service HAZMAT measured when they entered the store around noon yesterday.

toms of carbon monoxide poisoning.

"Two of them showed more pronounced symptoms, that would indicate that the carbon monoxide level was a little bit higher in their blood," said

paramedic spokesman J.P. Trotter.

Ottawa Fire Services spokesman Marc Messier said they believe the source of gas was the propane powered equipment used to polish the floors at night, so it's possible that the readings were higher earlier in the morning.

"It's the only thing that was running off of carbon-based fuel at the time," said Messier.

► TIM WIECLAWSKI

News in brief

Hatchet attack leads to charges

SUSPECT. An Ottawa man faces attempted murder charges after a man was hacked in the head and back with a hatchet near Ritchie Street Saturday.

Deeq Osman, 21, also faces aggravated assault and possession of a weapon charges. Police also seek Mohamed

Osman, 22. ► TRACEY TONG

Suspect charged in robbery try

COURT. A 22-year-old Ottawa man appeared in court yesterday after an attempted personal robbery in the area of Aird Place and Castlefrank Road Friday.

Two victims got off a bus and were confronted by a suspect, who allegedly brandished brass knuckles and stated he had a knife. ► TRACEY TONG



News on the move

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Canadian journal blasts energy drinks as 'drugs delivered as tasty syrups.'
Video at metronews.ca/canada



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After Ottawa's month-long war against the census, will Canadians bother filling one out? Scan the code for more.

Canada gets tough on Iranian sanctions

► Iran announced last month it had produced 20 kilograms of enriched uranium

Foreign Affairs Minister Lawrence Cannon says Canada will impose tougher sanctions on Iran as part of an international campaign against that country's nuclear ambitions.

He says the measures aren't intended to punish the people of Iran but to send a message to "the aggressive and irresponsible government in Iran."

The new sanctions will include a ban on any new Canadian investment in Iran's oil and gas sector or government securities and restrictions on exporting goods that could be used in nuclear programs.

The West accuses Iran of seeking to develop nuclear weapons, but Tehran says its nuclear program is only for peaceful electricity production.

Iranian banks will also

will be barred from opening branches in Canada and Canadian banks will not be able to set up operations in Iran.

The European Union has announced a new round of sanctions to curb oil investment and cut exports of "dual-use" goods that could be employed by the nuclear industry.

Cannon says Tehran has flouted UN efforts to rein in its nuclear program.

"The acts of Iran and the aggressive talk are an affront to Canada's standards and its desire to maintain nuclear safety."

He rejected Iran's claims about peaceful power production.

"The actions of Iran are bringing it closer and closer to producing nuclear weapons which pose a threat," he said.

THE CANADIAN PRESS



► Minister of Foreign Affairs Lawrence Cannon held a press conference in Ottawa yesterday. Cannon says Canada will impose tougher sanctions on Iran as part of an international campaign against that country's nuclear ambitions.

One solution to plastic bottle waste

The Plastiki, an 18-metre catamaran made of plastic bottles and its six crew weathered fierce ocean storms during its 8,000 nautical miles at sea. It left San Francisco on March 20, stopping along the way at various South Pacific island nations including Kiribati and Samoa. It docked yesterday in Sydney Harbour, Australia.

Expedition leader David De Rothschild, 31, said the idea for the journey came

to him after he read a United Nations report in 2006 that said pollution — and particularly plastic waste — was seriously threatening the world's oceans.

During their 128-day journey, the six crew lived in a cabin of just 6 metres by 4.5 metres, took saltwater showers, and survived on a diet of dehydrated and canned food, and the occa-

sional vegetable from their small on-board garden.

THE ASSOCIATED PRESS

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► The Plastiki, a boat made out of 12,500 recycled plastic bottles, completed its four month journey across the Pacific Ocean yesterday.

Market moment

TSX	Dollar
	
+ 31.86 (11,746.07)	+ .34¢ (96.86¢ US)
Oil	Natural gas
	
Unchanged (\$78.98 US)	1,000 cu ft \$4.612 (+3.2¢) Gold contracts \$1,183.10 (+ \$4.70)

Did U.S. ask Tories to protest Taliban aid?

The United States asked Canada to put diplomatic pressure on Saudi Arabia and South Africa over Taliban fundraising activity apparently taking place in the two countries.

The revelation is contained in nearly 9,200 pages of classified Ameri-

can documents released by online whistleblower Wikileaks.

It's long been known the Taliban have relied on Saudi charities to bankroll their weapons purchases, but the revelation about South Africa is stunning.

THE CANADIAN PRESS

No alcohol for young drivers

As of Aug. 1, Ontario drivers aged 21 and under won't be allowed to have any alcohol in their blood. Penalties include immediate 24-hour licence suspension, 30-day suspension and a fine up to \$500.

THE CANADIAN PRESS



► Arab authorities say the device was launched before legislation was introduced in 2007.

Mideast questions RIM's data transfer

United Arab Emirates authorities say the BlackBerry operates outside national laws.

The country's telecommunications watchdog has noted data services are managed by Research In Motion outside local control and it wants that to

change.

The UAE is among countries that censor websites and other forms of media.

"It's a control issue," PC Magazine analyst Sascha Segal said yesterday.

RIM has dealt with China and India on the issue.

THE CANADIAN PRESS

STRANGERS ON A TRAIN: TICKET TO FLIRT

She says ...

**JESSICA
NAPIER**



Even though I'm in a happy, committed relationship, I have to admit that lately I've been spending a lot of time pressed up against other men ... and women.

Like many urbanites, I spend more than an hour every day crowded inside packed trains and buses, dutifully riding to work with my fellow commuters. In fact, as you read these very words I'm probably desperately clutching onto a subway pole nearby, carefully balancing on my not-so-sensible heels.

While I might start every journey with a small sense of pride (I'm eco-friendly and saving money on car insurance!), I

inevitably emerge from the underground a sweatier, crankier version of myself. It's uncomfortable, overcapacity and there is always some guy standing beside me with his iPod turned up far too loud.

Public transit is certainly not sexy. But for some people — and these are probably the same folks who think the gym is an appropriate pick-up locale — the daily commute is prime time for serious flirting.

I'll admit, there are some attractive people riding transit.

But when a brutal combination of signal delays and construction holdups have left me standing on a platform for

20 minutes, I am in no mood to strike up a conversation.

Yet, I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway

pole. Just spend five minutes on Craigslist browsing the "missed connections" page and you will find plenty of commuters

hoping to reunite with a rush-hour run-in.

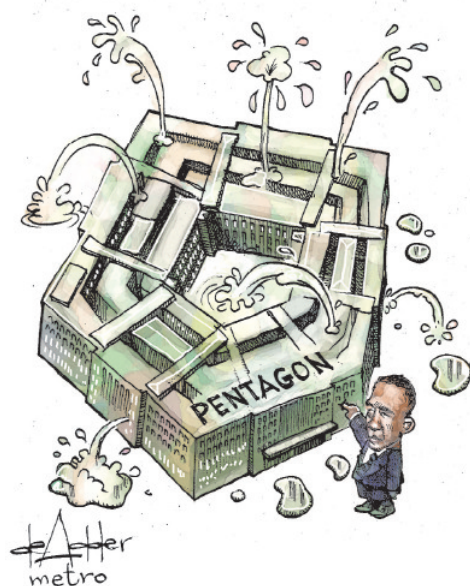
The more time I spend on public transportation, the more I wonder how many real relationships blossom out of these fleeting encounters. I assume that for every successful hookup there are about 100 awkward and embarrassing rejections. Sometimes it's hard to know when your subtle eye contact has turned into creepy leering. Here's a hint fellow riders: Glancing up from your book is coy; undressing someone with your eyes is inappropriate.

So good luck to all you single travellers, but remember to practise picking up with caution. In the words of 30 Rock's Liz Lemon, you can do some serious flirting on the subway before you realize the guy is homeless.

"I can see the potential for romance happening every day in the stolen glances across the aisle and the hands brushing against one another as they clasp at the same subway pole."

Cartoon

PLUGGING THE LEAK



MICHAEL DE ADDER

Highest form of flattery

**Letters
& Tweets**

Re: Ned Ehrbar's story for *Dinner for Schmucks* (July 23-25)

TORONTO. We read the story, but nowhere did we find a reference to the original movie (*Le diner de cons*) or to its screenplay author Francis Veber. It saddens us that there were no references to the original idea.

Veber should have received his credit. Even its title is a direct translation of the original title.

**TANIA YUDITSKAYA AND
EUGENE ZHILINSKY**

We asked: What book would you like to see made into a movie?

Is imitation on the menu?



TORSTAR NEWS SERVICE FILE

TORONTO. The Regiment (1955) by Farley Mowat, Ortona by Mark Zuehlke, and the classic crime novel Red Harvest (1929) by Dashiell Hammett.

LARRY ROBERTS

TORONTO. I would suggest that the huge amount of paper you waste in printing celebrity gossip every day could be put to better

use. I certainly have not been living in a cave, but I have never heard of any of these people.

The dumbing down of journalism in recent years is quite alarming and actually quite insulting.

Why don't you break free of the braying herd and work to correct it?

FRANK MACKAY

What would you rather have more of, time or money?

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Metro Minute with Kettleman's bagels

If you're hungry and happen to be in the Glebe, follow your nose to Kettleman's Bagel Co., where its wood-oven-baked bagels earned it the title of best bagels in Ottawa eight years in a row.

Culinary options abound in that area, but whether they're eaten with cream cheese or as part of a Reuben, turkey,

tuna or roast pork sandwich, they're a fast and relatively healthy meal or snack.

For less than a dollar apiece, bagels include cinnamon raisin, cranberry lemon, chocolate, blueberry, pumpernickel, whole wheat, onion, garlic, all-dressed, sun dried tomato, and garlic and muslix.

TRACEY TONG



TRACEY TONG/METRO OTTAWA

► Kettleman's bagels on Bank Street is open 24 hours.

2

scene

In brief



Barack Obama is scheduled to appear on the Thursday edition of ABC's *The View*. This will be the first time a sitting U.S. president visits a daytime talk show.

THE ASSOCIATED PRESS

Feels so fresh and so Lucious

► After being told his album was too artsy, Big Boi took it to another label and gained much success ► Rapper tapped into his Jedi music-making skills



TINA CHADHA

SCENE@METRONEWS.CA

METRO WORLD NEWS IN NEW YORK

Big Boi answers the phone with an “El-low mon,” horsing around in a fake island accent. The time seems right for fun and games, since the rapper, half of mega hip-hop group Outkast, finally released his delayed solo project *Sir Lucious Left Foot: The Son of Chico Dusty*.

The release comes after an extended period of drama with his former record label. Jive held the album for nearly three years, saying it was too artsy to put out. So Big Boi went to Def Jam. A creative mix of funk, soul, electro and retro sounds — like nothing you’ve ever heard, and everything you want to dance to — *Sir Lucious* debuted at No. 3 on the Billboard charts and is receiving tremendous critical acclaim. Hell, notoriously biting Pitchfork even gave the album a 9.2.

So is it time to walk around the Jive offices with an I-told-you-so smirk? “I think the world is telling them,” says Big Boi. “You have to leave the music-making to the professionals.”

Even when Jive shelved the project, the Atlanta native says he never considered tweaking his work: “I’d rather not do music if I had to conform to today’s standards. I know what I wanted it to sound like. And I’m definitely not a quitter.”



► Big Boi is hard at work on the next Outkast album, and his next solo project, *Daddy Fat Sax: Soul Funk Crusader*.

DVD releases

Buy it ●●●●●

Rent it ●●●●●

Borrow it ●●●●●

Yawn ●●● | Don't bother ●



Clash of the Titans

Genre: Action

Director: Louis Leterrier

Stars: Sam Worthington, Liam Neeson

●●●●

People watching this unintentionally hilarious remake of the 1981 adventure epic will be tempted to groan “Argh-oohs!” at regular intervals, as fans of a football team are wont to do whenever their heroes disappoint them.

You don’t need any further enticement to moan or snicker than what’s already on offer from *Clash of the Titans*, directed by Louis Leterrier (*The Incredible Hulk*). It’s definitely in the so-bad-it’s-good category of blockbusters.

Avatar’s Sam Worthington plays a half-man, half-god hero named Perseus, who is leading a human grudge match against the gods of Mt. Olympus: disco-dressed Zeus (Liam Neeson) and his bilious brother Hades (Ralph Fiennes).

It’s one supremely silly movie, but it’s also a Razzies-ready hoot, especially when the gods get really mad at the rebellious humans and Zeus yells, “Release the Kraken!”

Extras include deleted scenes, alternate ending, production info and “Maximum Movie Mode” with Neeson, Fiennes, Worthington and Leterrier. ● **PETER HOWELL**

The Audio Files

BRYAN BORZYKOWSKI

SCENE@METRONEWS.CA



Every time Neil Young plays Winnipeg — he’s playing there tonight — it’s a big deal. While the legendary artist was born in Toronto and lived in Omemee, Ont., as kid, it was in the ‘Peg where he spent his teenage years.

YOUNG FOREVER CANADIAN

The city’s residents love to claim Young as their own, and you can’t blame them — he played Winnipeg’s clubs, started his first band The Squires here, was friends with Randy Bachman — but is he really a Winnipeg artist? Or even a Canadian one for that matter?

Young might play north of the 49th sometimes but he has never recorded an album in Canada and his producers are almost all American. (He is working with Daniel Lanois on a new disc.) He’s been living down south for 44 years, pays American taxes and his wife and kids are all born in the U.S.

However, in a 2005 *Time* Magazine interview he said: “If I ever had to

give up my Canadian citizenship to become American I wouldn’t do it ... I love Canada. As I get older, more and more I start singing about Canada.”

So, as long as he’s a Canadian citizen, he’ll stay Canadian in my books. But I wouldn’t call him “Winnipeg’s own”. He’s lived in various cities across the country and really, he belongs to everyone here.



Scan code for a story on old rockers made new (for instructions, see page 3)

Lindsay's ex a mainstay in the visitor's dock

► Samantha Ronson has been wearing out her weekly pass to visit incarcerated ex-galpal ► Other frequent guests include her mom, lawyer

Lindsay Lohan has been using up her weekly visitors quota quickly while at the Lynwood, Calif., detention center where she's serving out her sentence. So far, she's getting face time with mom Dina Lohan,

lawyer Shawn Chapman Holley and, most notably, ex-girlfriend Samantha Ronson, according to People magazine. Despite a falling out earlier this year, Ronson has been supportive of Lohan during

her legal battle, prompting rumors of a rekindled romance. As she left the detention center, Ronson snapped at a reporter asking her how Lohan was doing, saying, "How do you think she's doing?".

People.com also reports the other prison inmates are "completely sick" of the preferential treatment Lohan is getting, including special food and clothing privileges.

● METRO WORLD NEWS



► Least the poor, persecuted dear have to serve her sentence like regular people who repeatedly violate the law.

Bloom, Kerr tie the knot



► Two boring, pretty people got married. Next!

After just one month of engagement, Miranda Kerr and Orlando Bloom

tied the knot in a private ceremony, according to People magazine.

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The wedding was so secret that Kerr even had something else planned for that day: an appearance at Australian department store David Jones, which she canceled at the last minute.

"David Jones very graciously released me during this period so we could celebrate an intimate ceremony and honeymoon together," Kerr said in a statement.

● METRO WORLD NEWS

Quick hits

Your Monday roundup of gossip-on-the-go.

1 Trading in for a new model Kate Winslet is reportedly getting over her divorce from Sam Mendes by spending time with Burberry model Louis Dowler, according to News of the World.

2 And this is surprising to ... anyone? Bueller? Any-one? Michael Lohan is allegedly looking to sell naked photos of former fiancée Kate Major, according to Page Six. One of the photos allegedly shows Major topless and passed out in bed with her engagement ring still on her finger.

● METRO WORLD NEWS



► The band ran off like this poop was on fire.

KOL no match for pooping pigeons

Musicians have performed through violent storms and scorching temperatures at an outdoor arena in suburban St. Louis.

But an infestation of pigeons that bombarded the Kings of Leon with droppings at the Verizon Wireless Amphitheatre managed to force an early end to the rock band's concert Friday night.

A statement from the band's management company, Vector Management, says bassist Jared Followill was hit several times, in-

3 The number of times Kings of Leon bassist Jared Followill was hit by flying pigeon poop before he ran offstage.

cluding near his mouth, and that the onslaught of feces was a potential health hazard. The crowd grew restless after the band walked off, and an announcement told them that the show was over. Concert promoter Live Nation says fans will get a full refund. THE ASSOCIATED PRESS

Celebrity tweets

David Spade [@DavidSpade] did paris hilton get caught w pot again? i think thats lost its shock value. its like hearing she ran a stop sign

Tila Tequila [@Tila-OMG] MAYBE WHAT LINDSAY NEEDS IS A PEN-PAL???

John Mayer [@johnmayer] I've heard a lot of references to "capris" "manpris" and "clam diggers" but the correct terminology is "high-water pants"

● METRO WORLD NEWS

Bynes steps out of retirement

Amanda Bynes used her Twitter account to reverse her decision from two months ago to retire from acting, posting simply, "I've unretired." The 24-year-old Hairspray star had previously taken to Twitter to explain that she'd had enough of showbiz, writing, "I don't love acting anymore, so I've stopped doing it."

● METRO WORLD NEWS

News in brief

Tabloid feels the wrath of Brangelina

THE MORAL OF THE STORY IS: DON'T MESS WITH ANYONE WEALTHIER THAN YOU. Angelina Jolie and Brad Pitt have come out on top in their legal battle with the News of the World, according to E! News. The couple sued the newspaper after it reported last January that they had met with a Los Angeles divorce lawyer, prompting breakup rumors. "When the News of the World failed to publicly retract the allegations and apologize for them — thereby leaving their readers in the dark as to the true position — the couple felt they

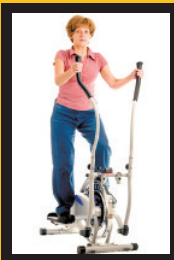
had no alternative to sue," their attorney said in a statement. The undisclosed settlement will go to charity.

● METRO WORLD NEWS



3 life

News in brief



Elliptical trainers have been a long-time presence in gyms and fitness facilities and a go-to piece of equipment for those looking to get their cardio fix. But for individuals suffering from lower back problems, research suggests they may need to think twice before stamping their ticket to ride on the popular workout machines.

THE ASSOCIATED PRESS



Medical devices causing injuries for children

Sweating the hot stuff in the studio

► Bikram or 'Hot' Yoga is one of the hippest and sweatiest workouts out there ► Metro speaks to an instructor to understand the benefits and drawbacks of letting it all out



ROMINA MCGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The Basis Of Bikram

The postures combine balance and resistance. Bikram goes beyond flexibility, requiring coordination, focus and stamina through the core. The body builds up strength around flexibility, and not the other way around. Like all other physical exercise, the benefits gained from Bikram Yoga will be heightened for those living a healthy balanced life in parallel.

Why the heat?

The Physical
Bikram Yoga is a selected series of 26 hatha yoga postures carried out in a heated room of up to 40 C. Designed by Yogi Bikram Choudhury, the motive was to trigger sweating, ultimately the body's most natural and effective way of ridding itself of toxins and impurities. Sweating is a natural part of exercise, cooling you down, and people should learn not to be put off by it. Although exercising at such high temperature is challenging, there are many advantages.

Oram, who teaches Bikram Yoga in London explains how both the heat and sweating cause the



► In the heat of the workout. Bikram Yoga class in a hot and sweaty London studio.

blood to thin, clearing the circulation system. Oram says: "40 degrees is a safe temperature to stretch and work out in as the muscles stretch more easily in the heat and the joints work better, allowing you to push deeper into the stretch."

Heat is a catalyst to sweating, making the body detoxify and cleanse the skin. "You will experience an all-round improvement, from how your body heals, to the circulation of blood around the body over to kidney function," he explains. The heat also removes some of the lactic acid build up we experience with exercise, reducing feelings of stiffness or pain.

"Remember, heat is a catalyst for everything," says Oram, "Warm muscles burn more calories and the postures will have you pushing your physical boundaries. Adding heat to the equation will improve the speed of heart and respiration rate, further improving metabolism." Being more in tune with your body as a whole also reduces the risk of injury.

The mental

Being active is very calming for the mind, promoting willpower and mental strength. The challenging nature of Bikram Yoga forces you to focus your mind and whatever your

limits are, you are made to face and assess them. Letting your attention switch to your body and senses, from healing into feeling stretching and breathing will help you feel more balanced and calm. On the other hand, for those who are over active, Bikram is a healthy medium through which to channel excess energy. The end of each class is like the slate has been wiped clean again, promoting a feeling of lightness of mind.

Breathe And Burn

Breathing is a key element across all forms of Yoga and getting it right can be tricky. In Bikram, breath-

Watch out for

The extreme heat in which Bikram Yoga is carried out can have drawbacks if you are not careful.

- **Make sure you eat breakfast:** Although it is recommended that you do not eat two hours before class, many people take this too far and skip meals altogether. The high temperatures are strenuous and not eating could cause dizzy spells and very rarely, feeling faint.
- **The heat enables you to push deeper into the stretch:** Making sure you don't push yourself to the point of damaging muscles or causing stress on your body is important.
- **90 minutes of Bikram Yoga makes people sweat profusely:** Make sure to drink plenty of water before, during and after the class to keep hydrated.

ing comes first in the form of pranayama. This particular breathing technique is aimed at improving the circulatory and respiratory system and opening up the chest and the lungs. Over time, the lungs elasticity is increased giving them a greater capacity and ability to take in deeper breaths.



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► Trainer Cameron Shayne sheds some light on his fusion workout Budokon ► A clever combination of feminine and masculine motions



ROMINA MCGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

In Japanese, 'Bu' means warrior, 'do' is way and 'kon' spirit. With Budokon, Cameron Shayne has not only created one of the hottest workouts — (Jennifer Aniston is his poster girl) — but a way of life.

"Budokon teaches you to become aware of the fact that the way you do anything in life is the way you do everything."



For more information, go to budokon.com

It encourages people to do an inventory of their lives and choose to be masterful across every endeavour," he says.

"Being true to yourself and knowing what your body needs is important. Most people are fit but unhealthy as they are putting the wrong types of fuel into their body."

Budokon also encourages clean nutrition. A diet based on seeds, fruit and vegetables, lean meats and healthy fats (avocado and nuts) is essential for enhancing performance.

"You are what you eat," explains Shayne.

Physically Budokon is a fluid and organic way of

returning the body to its natural, instinctive and fit state of mind.

The Fusion

Budokon is unique in that it combines three different practices to teach re-balancing the body.

Budokon is the ying and yang of workouts rolled into one: feminine yoga moves are fused with the more masculine motions of martial art. Strung together as a sequence, the rhythmic breathing of yoga and the quickness of the martial arts resemble a dance.

"You need to have the flexibility to transition between positions and this

requires you to be strong, dynamic and in possession of your body," explains Shayne. "Budokon is a system. People who attain the highest level are not only master yogis, but black belt martial artists. From yoga they will learn to be guarded and assertive in their moves. From martial arts they will learn speed, strength and power."

A 90-minute class begins and ends with five minutes of meditation.

"Some moves require you to observe your breath and your body in motion simultaneously and meditation plays a large part in achieving that," Shayne says.



► A Budokon handstand.

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FOR MANY OF US, IT ALL COMES DOWN TO PREVENTING CAVITIES

There are so many compelling reasons to look after our oral health. There is the **obvious cosmetic reason**. A full set of bright, healthy teeth make any smile that much more attractive. That can provide us with greater confidence.

Healthy gums are another big reason to take care of our oral health. Firm, healthy gums that do not bleed not only help keep our teeth in place, they also help keep our breath fresh and even reduce the chances for harmful bacteria found in the mouth to get into the bloodstream.

But for many of us, the childhood lesson of **avoiding cavities** is still the primary factor that motivates us to look after our teeth. Many of us grew up with the lesson that we needed to avoid cavities to keep our teeth healthy.

While the widespread use of fluoride in drinking water has helped reduce the incidence of cavities, the old lessons of brushing regularly and not eating too many sugary foods still hold true. However, there are **important new considerations** research has taught us in the fight against cavities.

One of the first such lessons is that **it is not just sugar we need to be wary of**. Teeth experience decay and, thus, develop cavities as a result of the



Dr. Martin LaBoissonniere
Dental Surgeon

activities of **acid erosion** in the plaque that forms in our mouth. While sugar can be a primary cause of such acids, **combine sugar with caffeine and you can have some serious acid activity**.

The bottom line is that foods that change the pH levels in the mouth can lead to the production of harmful acids. **Even acidic fruit juices can be problematic**. In other words, it is **not just sugar** we need to be mindful of.

We have also learned more about how **our own saliva can be a great weapon against cavities**. Greater saliva production can wash away the bacteria and plaque before they start to eat away at our teeth.

Many people will use sugar-free gum to help increase saliva production. In particular, **gums sweetened with xylitol have been shown to reduce cavities**. When you cannot find the time to brush your teeth, chewing sugar-free gum is a great alternative.

One thing about cavities that has never changed over time is that **they always start small**. That means you may not even be aware that a cavity is developing. There may be no pain...no discomfort.

Until one day, the cavity has become so big, possibly even infected. **Then you will feel the pain!** And you may require extensive intervention to treat this large cavity!

One of the best things you can do to guard against this is **visit your dentist at least twice per year**. **Regular check-ups with x-rays can help uncover a small cavity before it becomes a big problem, making it much easier to treat**.

So always take action to reduce the chances of developing cavities. Because avoiding cavities is a healthy habit...and healthy habits lead to healthy lives.

Dr. Martin LaBoissonniere
- Dental Surgeon

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LEGAL NOTICE

CANADA, PROVINCE OF QUEBEC
DISTRICT OF HULL
NO: 550-22-012225-106



COURT OF QUEBEC

MUNICIPALITY OF KAZABAZUA
30, chemin Begley, C.P. 10, Kazabazua,
province of Quebec, J0X 1X0;

Plaintiff
vs.
**ANDRÉ LEROUX and
FRANCINE BISSONNETTE**
Defendants

ORDER
BY COURT ORDER:

NOTICE is hereby given to the defendant that the plaintiff filed at the Registry of the Court of Quebec of the district of Hull, a motion to institute proceedings. A copy of this motion and notice to the defendant were left for the defendant at the Court House of Gatineau, located at 17 Laurier Street, room 0.210. The Court orders you to appear within a delay of thirty (30) days starting from the date of publication of the present order.

Failing to appear in this period, a judgment by default may be rendered against you without further notice upon the expiry of that period.

Be also advised that the motion to institute proceedings will be presented for decision in court, September 16, 2010 at 9:00am in Room No. 10 of the Court House in Gatineau.

L. Deschamps July 21 2010
CLERK Signed at Gatineau at

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Marriage good for healthy aging



**CELINA
MILNE**
WELLNESS@METRONEWS.CA

How do you age successfully? Marriage helps. Kids don't necessarily.

Believe it or not, being married is one of the things that helps you remain healthy and independent later in life, according to a

study of 5,600 people done recently at the New Jersey Institute for Successful Aging school of osteopathic medicine.

But whether or not you have kids doesn't seem to make a difference in terms of healthy aging, researchers found. (Many would argue kids accelerate the aging process).

Stay healthy by

- ▶ Being married
- ▶ Being educated
- ▶ Having never been in jail
- ▶ Consuming only moderate amounts of alcohol
- ▶ Working for pay or volunteering

Five tips to beat heavy legs

When your legs feel heavy, it could be down to two things; fluid retention or poor circulation. These tips will help you lighten up and get moving.

- 1** Stay away from foods that are high in salt as they will make you retain water and feel bloated.
- 2** Avoid drinking too much soda as it contains a lot of sodium. Try drinking

more water instead.

- 3** Lie down on your back and elevate your legs. This will instantly make you feel better as it will relieve tension and potential discomfort. If you are really suffering, consider sleeping with your legs propped up on a pillow. Elevating your legs above heart level will get the fluids flowing

better around the body.

- 4** Do a series of stretches such as leg circles and calf raises to stimulate blood flow and improve circulation.
- 5** If all else fails, invest in a pair of compression socks, but only after you have seen a doctor and he has suggested it.

• METRO WORLD NEWS

Don't sweat the commute



How to combat commuting stress with Metro's meditation man Andy Puiddicombe

- 1** All commuters believe they have some right of passage when really we all share the same space. Realizing you are one amongst others within this space will make you less aggressive.
- 2** We tend to focus on the destination and see the entire journey as an inconvenience. As a result, we relate other commuters to this inconvenience. Focus on the journey.
- 3** Today's society is obsessed with productivity and making the most of any given time. For many, their commute is a vacant hole in their day when they are not actively engaged in an activity. Make the most of this time to yourself, live in the moment and relax. Use this as an opportunity to have some time out on your own.
- 4** Commuting is tagged with the idea of boredom. We tend to look at it in comparison to the adrenaline rush moments we spend at work or the fun times of a night out. Take commuting for what it is and take more interest in what is happening around you or in your mind.
- 5** A more practical step to take if you get easily stressed commuting is to go through a simple meditation or relaxation technique. Close your eyes, focus on your breathing and block the rest out. Many people feel self-conscious doing this in public but the truth is the majority of those around you won't be paying attention. It's a great way of taking the sting out of a busy commute.

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Beauty is more than skin deep



ANNIVERSARY

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Foods that contain LA include safflower and corn oil, but your body's conversion process may become less efficient due to factors like age, alcohol consumption and diets high in saturated fats. Women with PMS may have a metabolic block that interferes with the body's ability to make GLA from omega-6 fatty acids in foods. That's where Efamol® EPO can help.

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Griddled & grilled cheese burgers

► New York chef shares his grilling secrets. ► Here he offers up a basic burger topped with caramelized onions and spiked with chipotle chilies and Monterey Jack cheese.

When crafting a great burger, check the weather.

So goes the advice of Adam Perry Lang, owner of New York's Daisy May's BBQ USA restaurant, a classic rib shack known for its pulled pork and beef ribs.

"Sometimes I love a burger that is rich in fat — 70-30 blend of protein to fat," he said in an email. "I like these on colder days when I need fat and heartiness. In the summertime, a leaner burger is appreciated. 90-10 can do the trick."

Whatever your blend, cook with care. He aims to create a moist, tender interior and a well-developed caramelized crust.

"I am a burger fanatic," he said. "My most memorable has to be the one I would get when I was eight years old spending our summers on the beach in Montauk. This was in front of Gurneys Inn. They called it the Gurney Burger and it was served on an English muffin."

For the AP's 20 Burgers of Summer series, Perry Lang offered up a basic burger — nearly a half-pounder — topped with caramelized onions spiked with chipotle chilies and Monterey Jack cheese.

Preparation:

1 In a large bowl, mix together the beef and wa-

Ingredients:

- 1.1 kg (2 1/2 pounds) ground beef (80 per cent lean)
- 60 ml (1/4 cup) cold water
- 7 ml (1 1/2 tsp) kosher salt, divided
- 7 ml (1 1/2 tsp) ground black pepper, divided
- 15 ml (1 Tbsp) canola oil
- 30 ml (2 Tbsp) unsalted butter or olive oil
- 6 small to medium sweet white onions, thinly sliced
- 30 ml (2 Tbsp) pureed chipotle in adobo
- 60 ml (4 Tbsp) thinly sliced scallions
- 30 ml (2 Tbsp) coarsely chopped fresh cilantro
- 30 ml (2 Tbsp) flat-leaf fresh parsley leaves
- 6 slices Monterey Jack cheese
- 6 hamburger buns

ter. Shape into 6 patties, about 2.5 cm thick.

2 In a small bowl, mix together 5 ml (1 tsp) each of the salt and pepper. Use the blend to season the burgers, pressing it into the meat. Heat a grill to medium-high.

3 Set a griddle pan on the grill and add half of the butter or oil. When the pan is hot, add the onions, season with the remaining 2 ml (1/2 tsp)

Serves 6
Prep and cook time, start to finish: 30 min.



► Griddled and grilled Monterey Jack cheese burgers with spicy chipotle caramelized onions and cilantro.

each of salt and pepper and saute until the onions soften and start to brown. Add the pureed chipotle, scallions and cilantro.

4 Push the onions to one side of the griddle. Heat the remaining butter or oil on the empty side and place the hamburgers on it. Cook for 2 minutes, then flip and cook for another 2 minutes. Move the burgers to the

grill and cook to desired doneness, flipping halfway through (2 minutes per side for medium-rare).

5 Stir the parsley into the onions and spoon the onions onto the hamburgers. Lay a slice of cheese on top of each and continue cooking until it melts. Place a burger in each bun and serve.

THE ASSOCIATED PRESS



► Chef Adam Perry Lang

Liquid Assets

Wines inspired by real life

Since I love it when there's a chemistry between what's happening in the news and what I find in my glass, the fact that I tried the 2009 Big House White (\$9.95 - \$13.22) the same day Lindsay Lohan began her time as a guest of the California penal system wasn't lost on me.

Originally created by iconic California winemaker Randall Graham as part of his Bonny Doon family of wines; the Big House line (that also includes a red and pink version) was sold to another company a few years ago.

Named for nearby Soledad State Prison in Monterey County, the white is an eclectic mob of grape varieties that includes chenin blanc, sauvignon blanc and viognier, to name a few. The mix creates a uber fragrant wine with a juicy, citrus-meets-tropical flavour and surprisingly Mediterranean sensibility.

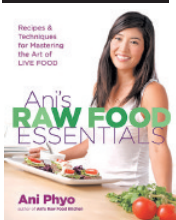
If you prefer your sauvignon blanc all by its lonesome, the 2009 Oyster Bay Sauvignon Blanc (\$16.95 - \$20.37) from New Zealand is rich and full-bodied with a lengthy vegetal backbone of asparagus and light gooseberry.

Try both wines with shellfish (especially crab), meatier white fish, chicken and any dish with a touch of spiciness.

Chefs create tasty treats without the meat

► Summer is the time for delicious foods that can pack a punch while keeping things light.
► Raw foodie Ani Phyo and vegan Terry Romero introduce cuisine hot off the presses.

Head to head



Who's that lady?

Raw food chef Ani Phyo. The 42-year-old was voted "sexiest raw food chef" in 2008 and 2009 and has also authored Ani's Raw Food Kitchen and Ani's Raw Food Desserts.

The Scoop:

Ani's Raw Food Essentials boasts more than 250 creative recipes that challenge the limitations of raw food. It also packs a healthy dose of practical advice.

Her philosophy:

"I like to emphasize to people that they don't have to be extreme," says Phyo. "You can add fruits and vegetables and more fresh, whole foods to any diet."

Favorite recipe:

Pad Thai with kelp noodles. "Kelp noodles are made from a sea vegetable that's packed with minerals. High in iodine, they help regulate our thyroid to balance metabolism."

On-the-go tip:

"I take sheets of Nori with me, which can add flavor to a salad or plump up in water for a snack," says Phyo.



Vegan chef Terry Romero. The 37-year-old Queens resident co-hosted the vegan cooking show Post Punk Kitchen and is a columnist for VegNews. She also co-authored Veg-anomicon.

Viva Vegan, Romero's first solo cookbook, audaciously ventures meat-and-cheese-less into the heart of Latin American cooking and brings you 200 vibrant recipes.

"So many elements of Latin American cooking are naturally vegan," says Romero. "You have beans, rice and an abundance of fresh vegetables, like corn, chili peppers and squash."

The creamy corn-filled empanada. "It's really great, especially now with all the summer corn coming in," says Romero.

"At Latin American restaurants, find out if they use lard in their beans, and see if they use chicken broth in the rice," advises Romero.



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

DON'T BE A PASSENGER IN YOUR RELATIONSHIP

Smug Marrieds

KATE STEWART & BRET DAWSON
2FORCOUPLES.COM



If your relationship is being driven into the ground by bad communication it's up to you to say so

Q: Smug Marrieds, I used to drive all the time, but now my hubby is always in the driver's seat and I'm the passenger. What's up with that?

Kate says...

Maybe you can explain this phenomenon to me. I have never understood it, and I've seen it happen again and again. Not always, but really, really often, women just let their husbands drive all the time when they are in the car together. It's not that they've forgotten how to drive — they still manage to get around quite handily when they are alone.

Drinking helps, I find. If he always drives, then surely he must always drive when you've been out to a dinner party, which means you get to drink all the wine. Typically, unless he is truly freakishly uptight about this, he realizes the sacrifice he's making and you naturally end up negotiating equal driving rights.

But then, not



► Sometimes it's healthy to have a good fight.

everyone drinks, so the question remains: Is it just that once comfortably coupled, men feel that they can let their naturally controlling instincts prevail behind the wheel? With Bret and me, I drive maybe 80 per cent of the time, which, from what I can tell, suits us both.

Bret says...

Darling, do you even need me to write this column?

Q: I just moved in with my girlfriend. We've been together for over a year and have never really fought. Now all of a sudden I find everything she does totally annoying (48 bucks on fashion magazines?!). I think she feels the same way. Are we dust?

Bret says...

Yes. Yes, you are totally dust. As Kansas once said, "All we are is dust in the wind."

Okay, here's the deal. When Kate and I first moved in together, I

thought it would be good to impress her with my command of the kitchen. Once, I had some really good chili where the secret ingredient was two squares of unsweetened chocolate.

So when it came time to show off my chops over the stove, I dreamed up a little concoction involving cocoa-infused brown rice. It tasted like 12 layers of ass. Kate did not like eating it. I did not like eating it either. She was too polite and I

was too full of Grade 7 pride to just dump it in the garbage and order something Thai instead.

And I felt small and humbled inside. Are we, I asked myself, dust? Looking back, the answer is clear: Of course not.

Kate says...

Are you dust? Not if you do something about this fast.

When Bret and I moved in together, I personally felt like killing him about five minutes into the whole deal.

Bret and I communicated pretty much exclusively by snapping at each other and glaring for the first week we lived together, after sustaining an impressive dewy and doe-eyed phase in our relationship. If you've been together for a full year and never once had a proper drag-'em-out, hold-no-prisoners yelling match, there is probably something you're not telling each other.

The luxury of being able to slink back to your own place to stew and steam and repress all those pent-up resentments over niggling slights is gone. Now you actually have to talk to each other.

Shad learning



What is Shad and what does it do?

- **Learning** Shad Valley is a four week summer enrichment program. Students spend a month living in residence at one of our host university campuses across Canada
- **Website** You can find out more at shad.ca

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Closing a generation gap

► Teens don thinking caps to help aging population

Teens sometimes get a reputation for not respecting their elders. But one group is not only respecting them but finding new ways to help them.

When 16-year-old Nicholas Schiefer, a high school student from Pickering, Ont., signed up to take part in Shad Valley, a month-long, nationwide enrichment program for high school students, he little imagined he would be facing the task of developing a product or service designed to help the country's rapidly aging population.

The issue has dogged governments, corporations and policy-makers for longer than most Shad participants have been alive, but Schiefer and 10 of his fellow participants were tasked with presenting a fully developed solution — complete with working prototype and 30-page business plan — in

just 19 days.

Several hours spent cloistered in a room on the University of British Columbia campus yielded hundreds of suggestions, but the penny didn't drop for the enterprising teens until they hit upon the unlikely combination of

memory aids and wheelchair mechanics.

"One of our group members used to volunteer in a hospital, and she used to hear the nurses constantly reminding patients to lock their wheelchairs before they stood up," Schiefer said in a telephone inter-



► The Shad program has allowed for new developments.

"It's amazing to work with people who are just as capable and just as motivated as you are"

NICHOLAS SCHIEFER

view. "We decided to develop a wheelchair braking system that would make it easier for them to remember this."

The final product, the result of hours of work and many sleepless nights, is an armrest extension attached to a metal rod. When the occupant compresses the extension, the rod comes down and locks the wheels in place, allowing seniors to lean on the device for support without fear of falling.

"It's amazing to work with people who are just as capable and just as motivated as you are," he said.

THE CANADIAN PRESS

Fun and Frugal

LESLEY SCORGIE

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WHO WANTS TO BE A MILLIONAIRE?

For all the credit card-bearing, name-brand-buying, payment-plan-using, non-cash-carrying consumers out there, this message is for you: it doesn't matter how much money you have, if you don't learn how to keep it, you'll never be rich.

One of the primary reasons people go bankrupt or don't have savings is due to improper cash-flow management.

Studies have shown that most self-made millionaires believe keeping a meticulous budget is the best tool a person can use to build net worth. To get started, open up a

spreadsheet. Now, identify and add up all sources of monthly income.

Then, identify your expenses — big and small.

Without sounding like a cereal commercial, take the Four-Week Challenge. Keep all your receipts for four weeks — from the pack of gum to the tools you bought at the hardware store. The Four-Week Challenge will reveal how shockingly expensive little things can be. Then, consider cutting back on expenses that don't help build your bottom line.

True millionaires have become wealthy through self-discipline and living within their means; not through spending foolishly to bolster their image.

Beware little birds returning to nest

► Don't let your kids' financial boomerang hit you in the back of the head

ON MONEY

ALISON GRIFFITHS

MONEY@METRONews.CA



Take a gander at this stat: from 2001 and 2006 the number of 25 to 29-year-olds who were either still living at home or had returned to the nest nearly tripled. And this was before the recession.

So many are returning home as young adults that Statistics Canada dubbed them the boomerang generation. The Stats Can wits say those who never left home at all, "failed to launch."

Gen Y'ers — born 1977-1986 — aren't necessarily more indolent than previ-



► If your child moves home be careful of lending them money.

ous generations, (though some are!) rather they're being squeezed in a vice. According to Statistics Canada, employment income for 22 to 34-year-olds has decreased relatively regardless of education over the past two decades. At the same time the cost of living, especial-

ly education, has increased dramatically. It's a pretty simple recipe for disaster — less money chasing greater expenses.

Paying down education debt or saving for an asset like a car or a house are two reasons to head or stay home. But financial difficulties caused by heedless

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CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

spending is something different. A few years ago one of my daughters wanted back in, but refused to discuss the reason, which I knew was largely caused by over spending. I made it a condition of her return that we would monitor her finances. Along with giving birth to her, this was among the most painful experiences of my life — but it worked. She is now a very financially responsible mom. No matter why your child comes back home be clear about why so you don't enable bad habits and make sure he or she contributes financially or you'll find your own disposable income suddenly shrinking.

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The connection

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Can you guess the connection between these athletes?
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HIM, RAYMOND AND
BEARS, THOMAS
RESTERDAY (TEEL WITH
ALL SIGNED CONTRACTS
CONNECTION ANSWER:
BRIAN MCCANN, ON
THE ATLANTA BRAVES

Quoted



"I definitely think the team we have here now is how they played in the '90s."

BRIAN MCCANN, ON
THE ATLANTA BRAVES



Scan code for news

Battle brewing over contract



► Ilya Kovalchuk

The NHL Players' Association filed a grievance yesterday that disputes the league's rejection of Ilya Kovalchuk's \$102 million US, 17-year contract with the New Jersey Devils.

An independent arbitrator will be named to settle the battle over a contract the NHL felt violated the spirit of the Collective Bargaining Agreement with the players. Kovalchuk cannot play until the case is resolved.

"Under the terms of the CBA, the NHLPA and Mr. Kovalchuk are entitled to an expedited resolution of this matter," the NHLPA said in a statement.

It added the union would have no further comment "until this matter has been resolved by an arbitrator."

NHL deputy commissioner Bill Daly, who called the longest deal in league history a "circumvention of the CBA" in rejecting the landmark contract last week,

said they were ready to face the arbitrator.

"Although there is no defined timetable at this point, we intend to work with the players' association to ensure an expeditious resolution of this dispute," Daly said in a statement. "The league looks forward to the opportunity to establish its position before the arbitrator."

The league felt the Devils went too far in giving the 27-year-old Russian a con-

tract that would pay \$95 million over the first 10 years, but only \$7 million over the final seven. That would reduce the cost against the salary cap to a relatively modest \$6 million per year.

The final five years would pay only \$550,000 per season. Questions were also raised over the duration. It would end when Kovalchuk is 44, well past retirement age for most players. **THE CANADIAN PRESS**

Is Romo ready to assume elite status?

► Cowboys QB coming off stellar season ► But he's still searching for elusive Super Bowl victory

Tony Romo finally has a playoff victory for the Dallas Cowboys to go with his three Pro Bowl selections.

The former undrafted quarterback is coming off another record-breaking season in which he also had a career-low nine interceptions while taking every snap for the NFC East champions. He has a 38-17 record as a starter.

Certainly biased Wade Phillips already considers Romo an elite quarterback — "I think Tony's there," the coach unabashedly said at the start of training camp.

Yet after only three seasons as a starter, Romo knows it will take a lot more than what he has done already to be discussed in such terms. He expects to be judged by wins, Super Bowls "and things of that nature."

"... The only way to be included in any talk of anything is to go out and win a championship."

TONY ROMO, DALLAS COWBOYS

"I love the tradition and the history of the game," Romo said. "So for me, you set out to accomplish certain goals and right at the top the only way to be included in any talk of anything is to go out and win a championship."

Maybe this will be the season Romo can add that to his glowing yet incomplete resume.

With 20 of 22 starters back from last year's division winner that defeated Philadelphia in the playoffs, there are expectations that Dallas could end its 15-year Super Bowl drought **THE ASSOCIATED PRESS**



► Quarterback Tony Romo of the Dallas Cowboys

Venues hit hard by health report

An investigation into food safety at sports venues across North America puts some Canadian eats in the penalty box but suggests chowing down while cheering is still pretty safe.

Rexall Place in Edmonton fared the worst in Canada, with one quarter of vendors listed for a critical violation, while all three Ontario facilities, including Toronto's Air Canada Centre, scored a clean bill of health.

0 There were no violations at Scotiabank Place.

alth.

The research, conducted for the ESPN television show Outside the Lines, looked at the most recent 2009 health department inspection reports for all 107 North American arenas and stadiums that were home to major sports teams.

It calculated what per-

centage of vendors at each received a "critical" or "major" health violation on the inspection. Violations can range from failing to have soap at a sink to storing food at improper temperatures or handling a scoop for ice with bare hands.

"We should be concerned. These data are not good," said Rick Holley, a professor of food safety at the University of Manitoba. **THE CANADIAN PRESS**

Sports in brief

Paul doesn't ask for trade

NBA. New Orleans Hornets star guard Chris Paul did not request a trade yesterday in his meeting with new coach Monty Williams and top team officials, general manager Dell Demps said.

Demps added that he

was confident Paul would still be with New Orleans when the coming season opens.

Bengals seek to add Owens

NFL. Bengals owner Mike Brown is trying to bring receiver Terrell Owens aboard. Brown said yesterday that the team is discussing a contract with Owens' agent, Drew Rosenhaus. **THE ASSOCIATED PRESS**

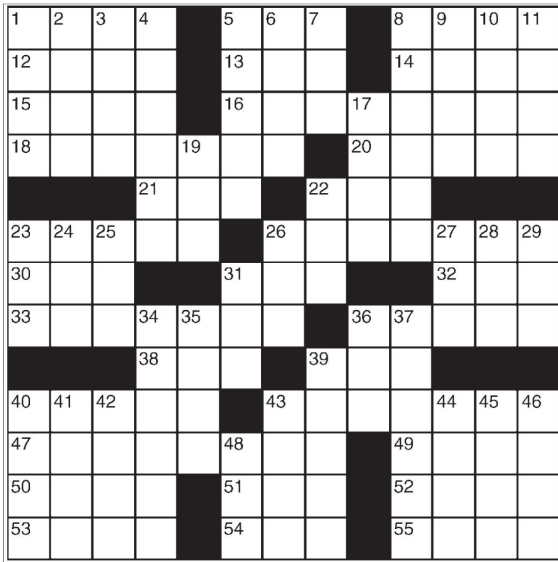
Crossword

Across

1 "The Lion King" villain
5 Hurried
8 Piquancy
12 Earring location
13 Discoverer's cry
14 Drafee's rating
15 Asstringent
16 Soccer prize
18 Escape
20 Supermarket section
21 Barbie's companion
22 Hot tub
23 Manhandled
26 Sweetheart
30 Past
31 "The Daily Show With — Stewart"
32 Newton fruit
33 Baker's need
36 Surpass
38 Lower limb
39 Relatives
40 Slander
43 Corridor
47 Zamfir's instrument
49 Relaxation
50 Line of rotation
51 — jongg
52 Epidermis
53 Roller coaster or Ferris wheel
54 Resort
55 The Red and the Black

Down

1 Refinery residue
2 Singer Natalie
3 Touch
4 New version of an old movie
5 Comic actor Atkinson
6 Sailor's call



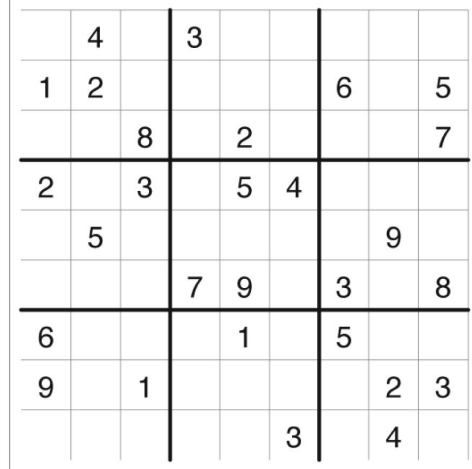
7 Neither mate
8 Astrology signs
9 Contents of envs.
10 Pas — (dance solo)
11 Recording
17 Reindeer herder, maybe
19 Marry
22 Morning star
23 Calif.'s ocean
24 — Khan
25 Stir-fry vessel
26 Swindle
27 Sternward
28 Tease
29 Id counterpart

31 Binge
34 Pass by
35 Actress Gilpin
36 Rembrandt's medium
37 If not
39 Buckwheat porridge
40 Mast
41 Long skirt
42 Oklahoma city
43 Jalopy
44 Arouse
45 Largest continent
46 Longings
48 Afternoons, for short

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

7	5	1	2	3	8	4	9	6
3	4	8	9	7	6	1	5	2
2	9	6	5	1	4	3	7	8
6	7	9	1	5	3	8	2	4
8	2	3	4	9	7	6	1	5
4	1	5	6	8	2	9	3	7
5	6	7	3	4	1	2	8	9
1	8	2	7	6	9	5	4	3
9	3	4	8	2	5	7	6	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

GreySaber, when the sky is dark and the world is cold, you are the light that warms my soul. **ANJELKA**
Calandra, we've been through some hard times recently but we have, can, and will make it through, I love you so much **JAMIE**
babaay, I can't even begin to tell you how happy you've made me. Even though it's only been 3 months feels like over 3 years... Your the only one that makes me so 'Karazzy' Can't stop won't stop... **JIK**
Bb, Im so glad the 3000 miles apart hasn't stopped us from being together for one year! I love you more than anything and I always will. **YOUR DARLING**
Love for my Pretty Ricky
It's only been a few months now but since you've been a part of my life I've been so much happier & just like a happily ever after, I hope this lasts forever...
ALL MY LOVE, LALA :)

Today's horoscope

♈ Aries March 21-April 19
Everyone knows you are smart — you don't have to prove it. You may feel the urge to show off a bit today but there is a danger you could go too far and end up looking silly.

♉ Taurus April 20-May 21
Mercury is well placed in your chart at the moment and good news of one sort or another is sure to come your way over the next 24 hours. Having said that, it might be wise not to take too much for granted.

♊ Gemini May 22-June 21
By all means reach out and help someone who is having a hard time but don't poke your nose into their business if they make it clear they don't want your assistance.

♋ Cancer June 22-July 22
Your mind is moving extra fast at the moment and you will solve in an instant problems that others just can't get to grips with. Use your intellectual superiority to impress important people.

♌ Leo July 23-Aug. 23
By all means think big but don't assume that your plans will somehow be magically translated into the kind of rewards and applause that you crave. There are no short cuts.

♍ Virgo Aug. 24-Sept. 22
You have to make a choice regarding your future and with Mercury moving into your birth sign today there is no doubt at all that you will make the right one. You know what it is you most desire — so take it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23
There is a fine line between saying what needs to be said and saying too much and you must watch out you don't stray over it today. Do you really need to voice your opinions about someone's inadequacies? Then don't.

♏ Scorpio Oct. 24-Nov. 22
You need to confide in someone you trust, someone who will tell you what you need to hear rather than what they think you want to hear.

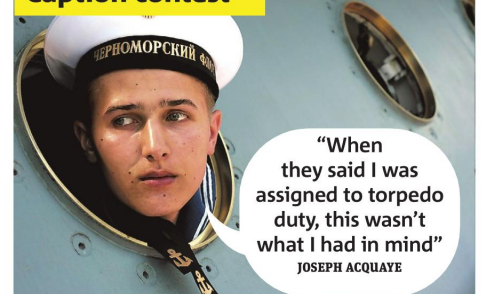
♐ Sagittarius Nov. 23-Dec. 21
Important people are watching you closely, and not only watching but listening too. The way you act under pressure will tell them what they need to know about your suitability for promotion.

♑ Capricorn Dec. 22-Jan. 20
If you are going to make some kind of offer you must be sure that you can deliver. It's no good boasting that you can do this and do that if, when it comes to the crunch, you struggle. It makes you look bad.

♒ Aquarius Jan. 21-Feb. 18
When taking risks there is always the possibility that you will get it wrong. So long as you are aware of that fact, and prepared to deal with it if it happens, then go ahead and make your play.

♓ Pisces Feb. 19-March 20
You may know that someone has not been telling the whole truth about what they've been up to but don't make it an issue of it. **SALLY BROMPTON**

Caption contest



"When they said I was assigned to torpedo duty, this wasn't what I had in mind"
JOSEPH ACQUAYE

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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AIR CANADA VACATIONS

Deals of the week

DOMINICAN REPUBLIC

Samana via Toronto

Bahia Samana Roulette • 4 ★

All-Inclusive • Run of the house
Aug. 8-29 • 1 wk.

\$549

+Taxes & other fees
(including service charges): \$327

Punta Cana via Toronto

Occidental Grand Punta Cana • 4 ★

All-Inclusive • Junior suite
Aug. 1-22 • 1 wk.

\$599

+Taxes & other fees
(including service charges): \$327

TURKS & CAICOS via Toronto

The Alexandra • 3 1/2 ★

Garden view deluxe studio
Aug. 7 & 8 • 1 wk.

\$899

+Taxes & other fees
(including service charges): \$267

SAINT LUCIA via Toronto

Bay Garden Inn • 2 1/2 ★

Standard rm.
Aug. 7 & 8 • 1 wk.

\$999

+Taxes & other fees
(including service charges): \$238

CUBA

Holguin via Toronto

Sirenis Playa Turquesa • 4 ★

All-Inclusive • Superior rm.
Aug. 14 & 21 • 1 wk.

\$579

+Taxes & other fees
(including service charges): \$238
Departure tax: 25 CUC cash, paid locally

Santa Clara via Toronto

Meliá Las Dunas • 4 ★

All-Inclusive • Standard rm.
Aug. 7-21 • 1 wk.

\$699

+Taxes & other fees
(including service charges): \$238
Departure tax: 25 CUC cash, paid locally

JAMAICA via Toronto

Sunset Jamaica

Grande Resort & Spa • 4 ★

All-Inclusive • Standard rm.
Aug. 11, 12, 14, 15, 17-26, 28, 29 & 31
1 wk.

\$949

+Taxes & other fees
(including service charges): \$293
Please add \$50 for Sat. & Sun. departures

Gran Bahia Principe

Jamaica • 4 1/2 ★

All-Inclusive
Junior suite
Aug. 11, 12, 14, 15, 17-26, 28, 29 & 31
1 wk.


PRIVILEGES
\$999

+Taxes & other fees
(including service charges): \$293
Please add \$50 for Sat. & Sun. departures

MEXICO

Puerto Vallarta/

Riviera Nayarit via Toronto

Buenaventura

Grand Hotel & Spa • 4 ★

All-Inclusive • Deluxe rm.
Aug. 21 & 28 • 1 wk.

\$999

+Taxes & other fees
(including service charges): \$284

Cancun/Riviera Maya via Toronto

Gran Bahia Principe Coba • 5 ★

All-Inclusive • Junior suite
Nov. 13 • 1 wk.

\$1009

+Taxes & other fees
(including service charges): \$303

Gran Bahia Principe Tulum • 5 ★

All-Inclusive • Standard rm.
Nov. 13 • 1 wk.

\$799

+Taxes & other fees
(including service charges): \$303

BAHAMAS

Great Exuma via Toronto

Grande Isle Resort & Spa • 4 ★

Continental breakfast
One-bedroom villa garden view
Sept. 5-26 • 1 wk.

\$1049

+Taxes & other fees
(including service charges): \$199

USA

NEW YORK

Wyndham Garden Hotel

Times Square South • 4 ★

Double bed rm.
Sept. 5 • 3 nts.

\$599

+Taxes & other fees
(including service charges): \$110

CRUISE

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Caribbean Princess

Southern Caribbean Cruise
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\$999

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(including service charges): \$276

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